

ABSTRACT

An elliptical exercise machine, including a gearbox, a generally flat contact surface, a first generally linear footrest support member mechanically coupled to the gearbox and extending to the flat contact surface, a second generally linear footrest support member mechanically coupled to the gearbox and extending to the flat contact surface, and an elastic coupler removably connected between the first and second generally linear footrest support member. The contact surface is generally flat and described by a first axis and a second orthogonally oriented axis. The gearbox independently governs the motive resistance and travel path of each footrest support members. The each footrest support member rollingly cooperates with the contact surface, and each first and second generally linear footrest support member may cooperate with the support surface independently of the other respective footrest support member. Each footrest support member is free to move in the plane of the flat contact surface, i.e., each footrest support member is able to move in two dimensions and is not restricted to one dimensional, “back and forth” motion.